

# HAVE FUN MOVING YOUR BODY!

Exercise can be fun!  
Find something you like to do  
with your friends and family and...

## HAVE FUN!

- ★ DANCE
- WALK ★
- ★ SKATE
- HIKE ★
- ★ PLAY
- KICK A BALL ★
- ★ RUN
- SWIM ★
- ★ JOIN A TEAM

## BUT REMEMBER...

If it is going to help you,  
you **NEED TO** exercise  
3 or 4 times a week  
for 20 to 30 minutes  
at a time!



THE Children's  
Health FUND

## Healthy B.A.S.I.C.S

*(Building Active Strategies  
to Inform Children in School)*

is a project devoted to bringing simple,  
engaging and culturally relevant  
health materials to elementary  
and middle school children.

The English and Spanish brochures  
were created by clinicians of the  
National Children's Health Project Network  
of The Children's Health Fund.

For additional information, contact:

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## Healthy B.A.S.I.C.S.

Kids Need

# EXERCISE

for Good  
Health

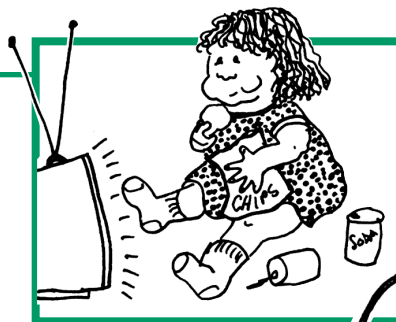


# WHAT IS EXERCISE?

Exercise is Moving! It is moving your arms and legs enough to make your heart beat hard and fast. It gives you energy and keeps you healthy.

## WHY EXERCISE?

■ REGULAR EXERCISE MAKES YOUR BONES AND MUSCLES STRONG!



■ REGULAR EXERCISE KEEPS YOU FROM GETTING TOO FAT!



■ REGULAR EXERCISE MAKES YOUR HEART STRONG AND HEALTHY!



■ REGULAR EXERCISE CHEERS YOU UP AND HELPS YOU FEEL GOOD ABOUT YOURSELF

## WHAT CAN I DO?

★  
GET  
UP!  
★



★  
TURN OFF  
THE TV!  
★

★  
PUT DOWN  
THE VIDEO GAMES!  
★